

## Positive Alternatives 2014 - 15 Quarterly Update

**Grantee: LIFECARE CENTER EAST (dba Options for Women East)**

**Goal: To provide positive alternatives to abortion to pregnant and parenting women in the East St. Paul and surrounding areas**

**For the period: January, February, March**

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
<b>Administrative Activities</b>	Provide ongoing guidance, assessment and supervision to grant staff; complete grant forms; track grant budget; attend required grant meetings		Grant staff received training this quarter on screening for clients who might be involved in sex trafficking.	
<b>Outreach</b>	Program staff will network within the community to provide education regarding our services		This quarter program fliers and brochures were distributed to local public health nurses, community organizations and schools in our area of service.	
<b>Crib Distribution/ Sleep Safety Education</b>	Provide Safe Sleep Education	8	This quarter 9 women received education on safe sleep. Three additional women received Pac N Plays through our mentoring program. Two of the women we worked with this quarter were living from one friends couch to another. We were able to help both clients find long-term housing.	9
<b>Life-Skills Education Program</b>	Provide life-skills education	12	Life-skills education was provided in a using a Life Coaching approach this quarter. One client who is currently living with her boyfriend's parents was struggling with boundary issues concerning her boyfriend's mother. She would call and reschedule the client's prenatal appointments without telling her. On other occasions she would commit to providing transportation to the OB appointment and then at the last minute not show up. Through the life skills education and	27

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			coaching we were able to help her establish some healthy boundaries and take personal responsibility to find reliable transportation to and from these appointments.	
<b>Mentoring Program</b>	Provide prenatal and parenting education in an incentive program	12	Pregnant/Parenting women were provided education and life coaching this quarter. We are excited to report that five of our currently pregnant mothers have chosen to breastfeed. One client who was struggling with smoking has quit. She said that it was the education and support she found here at the clinic that helped her make that decision. One of our new mothers who is a teen reported that she would not have known what to do when she brought her baby home without the education she received in the months prior to his birth.	33
<b>Nutrition</b>	Provide prenatal vitamins to clients having ultrasounds; provide education on prenatal nutrition and prenatal vitamins	30	Prenatal vitamins and education on nutrition were provided to 38 clients who had ultrasounds. Twelve other women who had positive pregnancy tests but did not have ultrasounds received prenatal vitamins.	38
<b>Pregnancy Education</b>	Nurses provide education on Alcohol/ Drug cessation, prenatal vitamins and importance of prenatal care	30	Our nurses provided education to all 38 clients who had ultrasounds. This quarter we had 2 clients who had appointments scheduled at Planned Parenthood for abortions who came in for ultrasounds prior to those appointments. Both decided to continue their pregnancies after seeing the baby on the ultrasound screen. One is strongly considering placing her baby in an adoptive home.	38
<b>Pregnancy Testing</b>	Provide program eligibility assessment, pregnancy counseling and testing	50	This quarter 65 women were provided pregnancy testing, eligibility assessment, counseling and offered necessary services.	65

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<b>Ultrasound</b>	Provide ultrasounds, education and counseling	30	Our sonographer provided 38 clients with ultrasounds, education, and counseling this quarter. One of our clients shared that she had to have an abortion because her boyfriend whom she was living with said their relationship was not ready for a baby. The client saw her baby on the ultrasound and asked if she could bring her boyfriend back with her for another ultrasound the next week before they made an appointment for an abortion. When they returned he also saw the baby during the ultrasound and told her on their way home that he had no idea the baby had "little hands and feet already." He told her he would attend parenting education with her here at Options for Women East.	38

Maternal and Child Health Initiative Task Force Strategies	No.
Number of women who received car seats and car seat safety education from a PA funded program activity	NA
Number of women who received car seat safety education only from a PA funded program activity	12
Number of women who received child abuse prevention education from a PA funded program activity	6
Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity	12
Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity	6
Number of women who received sleep safety education only from a PA funded program activity	12

**Challenges:**

**Comments:**